

Giant US bank asked to pay 'fair rental' for UP's Forbes Park lot

By Carlito Pablo

THE GRANDSON-LAWMAKER and namesake of the late nationalist Senator Lorenzo Tañada yesterday took on global finance giant Citibank for refusing to pay "fair rental" on a prime property owned by the University of the Philippines.

In his first privilege speech, neophyte Rep. Lorenzo Tañada III (LP, Quezon) accused Citibank of having "employed its corporate might and its vast legal resources to try and get away with highway robbery at the expense of our foremost public university."

"While our premiere university—like much of the rest of the nation—stands beset by economic hardship and uncertainty, the world's richest bank refuses to pay fair rental value on prime property it has enjoyed for a quarter century," Tañada said.

He was referring to the 4,500-square-meter UP property at No. 38 McKinley Drive in Forbes Park, Makati, one of the country's most exclusive addresses and currently the residence of Citibank country chief James Hunt.

Tañada said Citibank first owned the property by virtue of the Laurel-Langley Agreement which allowed US nationals and companies to own lands in the Philippines.

When the accord expired in 1974, Citibank donated the property to UP but continued using it under a long-term lease.

"But that value redounded to the benefit of Citibank, which secured a 25-year lease from UP in 1976 allowing it to pay only about P1,000 a month for 25 years," Tañada said.

UP agreed on the bargain lease price "in anticipation of the time when it could make full use of this resource, which today it sorely needs in the face of declining state subsidies for higher education and spiraling costs."

The Citibank lease expired on Dec. 28, 2001 and that's when the problem over the re-negotiation of the lease began.

Appraisers placed the "fair rental value" of the property at P300,000 a month.

"But instead of recognizing this figure, Citibank offered UP a check of P16,378.33 as rental for 2002 which UP refused to accept," Tañada said.

UP insisted on a "fair rental and on an escalation clause to account for fluctuations in the peso-dollar rate."



TANADA III: World's richest bank paid P1,000 a month for 25 years.

GENIE U. SARMIENTO

"Over the next two years, Citibank raised its offer to P66,500 until it reached P150,000 a month, but it was still short of the appraised fair rental value," Tañada said.

UP refused this offer and presented a counter offer of \$10,000 a month or its peso equivalent.

Citibank, however, stood firm on its offer of P150,000 a month with no provision for escalation.

"Just a little over a week ago, with all venues for an amicable settlement exhausted over three years of patient but fruitless negotiation, UP President Francisco Nemenzo finally wrote Citibank a letter demanding that they vacate the Forbes Park property, as provided for by the lease contract," Tañada said.

He noted that UP has successfully pursued its claim to other properties previously covered by the Laurel-Langley Agreement. He cited Shell's depot in Pandacan, Manila for which the oil company had agreed to pay UP the amount of P75 million over the next 25 years.

He added that UP is about to sign another agreement with 3M Philippines over the use of the university's property in Muntinlupa for the company's manufacturing operations.

Tañada said that Citibank has been doing business in the Philippines since 1902 and "we would like to think of Citibank as a reliable partner and friend."

However, he couldn't help but wonder: "Which Citibank has UP been dealing with—the noble institution of the website, or the arrogant, overstaying master who still thinks he can do as he pleases with the poor natives."

"I hope that its present country head, Mr. James Hunt, helps us make up our minds," he said.

SC junks transfer to tax court of P25-B tax raps vs Lucio Tan

Keywords: child sexual abuse; disclosure; self-blame

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 Journal of Internal Medicine 237: 115-121

NEW 10-page mini-book, "50 Ways to Save Your Money," available from the U.S. Treasury Department, offers advice on how to qualify for up to a \$1,000 refund.

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The SALT has no intention of changing its position on the issue. "The only reasonable alternative is internationalization," says a spokesman. Because the U.S. will be "increasing its role in the Balkans," he says, "the Balkan region will be more affected by U.S. policy than any other region in the world."

[illegible]

The Darker Secrets

Received 10 January 2006; accepted 10 February 2006
Published online 10 March 2006 in Wiley InterScience (www.interscience.wiley.com). DOI: 10.1002/anie.200600000

Abstract The authors examined the effects of a 12-week, 1000 kcal energy deficit diet on the body composition and metabolic profile of 10 obese women. The diet was composed of 25% protein, 40% carbohydrate, and 35% fat. The subjects lost 10.5% of their initial body weight and 15.5% of their initial fat mass. The mean resting metabolic rate (RMR) decreased by 10.5% during the diet. The mean RMR increased by 10.5% during the 12-week post-diet period. The mean RMR was significantly lower than the mean RMR of the control group during the diet and post-diet periods. The mean RMR was significantly higher than the mean RMR of the control group during the diet and post-diet periods. The mean RMR was significantly higher than the mean RMR of the control group during the diet and post-diet periods. The mean RMR was significantly higher than the mean RMR of the control group during the diet and post-diet periods.

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The WORLD

Editor: Leticia S. Nolasco

Bird flu in pigs takes world closer to pandemic-WHO

PHILADELPHIA—Malicious. The suspected discovery of a virus that is a hybrid of the H5N1 avian flu virus and the swine flu virus is a cause for concern, the World Health Organization (WHO) said Tuesday.

WHO reported Tuesday that the H5N1 virus, which has caused outbreaks in several countries, has been found in pigs in the Philippines. The virus is a hybrid of the H5N1 virus and the swine flu virus, which is a common cause of flu in humans.

The WHO said the virus was found in a pig in the Philippines. The virus is a hybrid of the H5N1 virus and the swine flu virus, which is a common cause of flu in humans.

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A health worker in a white protective suit and mask attends to a patient in a hospital bed. The patient is lying down, and the worker is wearing a full-body protective suit, including a hood and mask, to prevent infection.

US troops, Shiite rebels battle near Najaf shrine

WASHINGTON—US troops and Shiite rebels are battling near the holy city of Najaf in Iraq, according to US officials. The fighting is part of a larger conflict between US forces and Shiite rebels in Iraq.

The US military said it was fighting a battle with Shiite rebels near the holy city of Najaf. The rebels are fighting against US troops and other coalition forces.

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Israel builds more settler homes upon US go-signal

TEL AVIV—Israel is building more settler homes in the West Bank, according to US officials. The US government has given the go-ahead for the construction of new settler homes.

The US government has given the go-ahead for the construction of new settler homes in the West Bank. The homes are being built in areas that are considered occupied territory.

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Darfur calls for response

WASHINGTON—The US government is calling for a response to the crisis in Darfur, Sudan. The crisis has been ongoing for several years, and the US government is urging other countries to join in a response.

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WorldBusiness

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Thieves take Oslo masterpieces

OSLO, Norway (AP) — The world's most famous art collection, the Munch Museum's collection of 19th-century Norwegian art, was stolen from its Oslo home on Monday night. The thieves took 12 paintings, including two by Edvard Munch, the most famous of Norwegian artists. The paintings were taken from the museum's collection of 19th-century Norwegian art, which includes works by Munch, Holten, and others. The paintings were taken from the museum's collection of 19th-century Norwegian art, which includes works by Munch, Holten, and others. The paintings were taken from the museum's collection of 19th-century Norwegian art, which includes works by Munch, Holten, and others.

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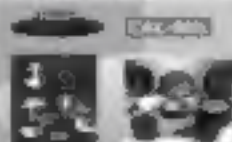


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REAL ESTATE

Lynn L. Heston

Choosing the right location of commercial spaces

Fig. 1. *Diagram of the experimental setup.*

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the 1990s, the industry has been hit hard by a combination of factors, including a decline in the number of new entrants, a shift in the composition of the workforce, and a decline in the number of new entrants. The industry has been hit hard by a combination of factors, including a decline in the number of new entrants, a shift in the composition of the workforce, and a decline in the number of new entrants.



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Journal of Internal Medicine 255: 105–112

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The use of existing facilities for the production of bioethanol is a promising option for the development of a sustainable ethanol industry. The use of existing facilities can reduce the capital costs of a new ethanol plant and can also provide a source of revenue for the existing facility. However, the use of existing facilities for the production of bioethanol is not without its challenges. One of the main challenges is the need for a large amount of water. The production of bioethanol requires a large amount of water, and this can be a problem for facilities that are located in areas with limited water resources. Another challenge is the need for a large amount of land. The production of bioethanol requires a large amount of land for the cultivation of crops, and this can be a problem for facilities that are located in areas with limited land resources. Despite these challenges, the use of existing facilities for the production of bioethanol is a promising option for the development of a sustainable ethanol industry.

to the American people. The American people are the only ones who can decide whether or not to support the American people. The American people are the only ones who can decide whether or not to support the American people.

the 1990s, the number of people in the world who are illiterate has increased by 100 million. The number of people who are illiterate in the world is now 1 billion. The number of people who are illiterate in the world is now 1 billion.

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Journal of Internal Medicine 247: 155–161

—*College of Southern California*
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—**Arthur C. Goss**, *U.S. & Canada*, p. 10.

—David M. Smith, a senior research advisor at the Center for Strategic Studies, University of Virginia, and a frequent contributor to *Foreign Affairs*.

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SPRINGFIELD THERAPY CENTER COMMENCING
 September 1 and 8, 1992, Springfield, Illinois, will be the site of the 1992 National Conference on the Treatment of Alcoholism and Drug Abuse. The meeting is sponsored by the American Psychiatric Association and the American Society of Addiction Medicine. The conference will be held at the Springfield Convention Center, 1000 North 6th Street, Springfield, Illinois 62761. For more information, contact: Dr. Robert L. Muesel, Director, Springfield Therapy Center, 1000 North 6th Street, Springfield, Illinois 62761. Tel: 217/244-1234. Fax: 217/244-1235.

7-story hospital soon to rise in Greenfield City

RESEARCH—The authors report that the use of a 100% oxygen mask during the first 10 minutes of the resuscitation of newborns with respiratory distress may reduce the risk of death and neurological morbidity.

CONCLUSION—A 100% oxygen mask during the first 10 minutes of resuscitation may reduce the risk of death and neurological morbidity in newborns with respiratory distress.

KEY WORDS—Newborn; Resuscitation; Oxygen; Mortality; Neurological morbidity.

INTRODUCTION—The use of 100% oxygen during the first 10 minutes of resuscitation of newborns with respiratory distress has been shown to reduce the risk of death and neurological morbidity.

OBJECTIVE—To determine the effect of 100% oxygen during the first 10 minutes of resuscitation on the risk of death and neurological morbidity in newborns with respiratory distress.

DESIGN—Randomized controlled trial.

SETTING—A tertiary care hospital.

PATIENTS—Newborns with respiratory distress.

INTERVENTIONS—Resuscitation with 100% oxygen or room air.

MEASUREMENTS AND MAIN RESULTS—The risk of death and neurological morbidity was significantly lower in the 100% oxygen group compared to the room air group.

CONCLUSIONS—The use of 100% oxygen during the first 10 minutes of resuscitation significantly reduced the risk of death and neurological morbidity in newborns with respiratory distress.

KEY WORDS—Newborn; Resuscitation; Oxygen; Mortality; Neurological morbidity.

[illegible]

Planning the job

As the number of components in the system increases, the number of possible interactions grows exponentially. This is a major challenge for system designers, who must ensure that the system remains manageable and that the interactions between components are well understood. The complexity of the system is a key factor in determining the system's reliability and maintainability.

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Brittany to launch 2 model homes on Aug. 29

BRITANNY Properties is set to introduce two model homes on Aug. 29 in the historic district on Connecticut Ave. in Yuba City. The homes feature the latest in home design, including granite countertops, stainless steel appliances, and hardwood floors. The homes are located in the historic district on Connecticut Ave. in Yuba City. The homes are located in the historic district on Connecticut Ave. in Yuba City.



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4th floor project
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Creba's Salinas cited by BIR for dedicated, exemplary service

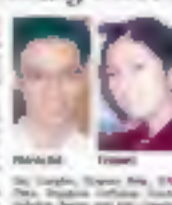
YUBA CITY, Calif. (AP) — The California Real Estate Board (CREB) has named a Yuba City realtor as one of the state's top professionals for his dedication and exemplary service.

The Board of Real Estate (BRE) has named a Yuba City realtor as one of the state's top professionals for his dedication and exemplary service.

The Board of Real Estate (BRE) has named a Yuba City realtor as one of the state's top professionals for his dedication and exemplary service.

Philip Recto awardees off to Singapore for 2-year training with Architects 61

Two recent graduates of the Philippine Institute of Architecture (PIA) have been selected to participate in a two-year training program in Singapore.



The two graduates, Philip Recto and another name, have been selected to participate in a two-year training program in Singapore.



LPPI seeks further growth by offering new product line

LPPI is seeking further growth by offering a new product line. The company is looking for new products to add to its existing line of products.



LPPI is seeking further growth by offering a new product line. The company is looking for new products to add to its existing line of products.

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On nuclear energy

Political
Takes



Fair and

Young Blood

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Can't non-Russkoreceptions on family planning

By David



When you hear the word "reception" you think of a party. But in the context of family planning, it's a different story.

←
→

Open letter to Serb Serb's Chamber a III

By David
Schwartz



For Sale

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Go after tax cheats instead of law-abiding taxpayers



THE PHILIPPINE GOVERNMENT'S current strategy to increase tax revenue is to go after law-abiding taxpayers instead of the tax cheats who are the real problem. The government should focus on catching the tax cheats who are the real problem.

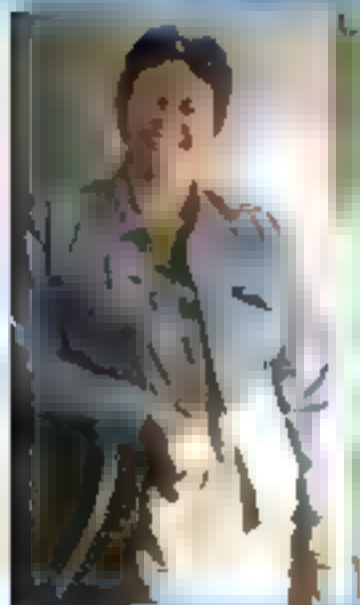
A man in a white shirt and tie, looking down at a document.

The government should focus on catching the tax cheats who are the real problem. The government should focus on catching the tax cheats who are the real problem. The government should focus on catching the tax cheats who are the real problem.



PHOTO: THE PHILIPPINE GOVERNMENT

The government should focus on catching the tax cheats who are the real problem. The government should focus on catching the tax cheats who are the real problem. The government should focus on catching the tax cheats who are the real problem.



MABUTING TAO

Sa ikad ng Magsaysay Awards

TANONG NG BAYAN

Still no Olympic gold:

Saan tayo nagkukulang?

ENTERTAINMENT

April 1991 | 1992

Robbie Tan presents new proof vs 'Mother'

By Maribel S. Euse



Robbie Tan in 'Mother'

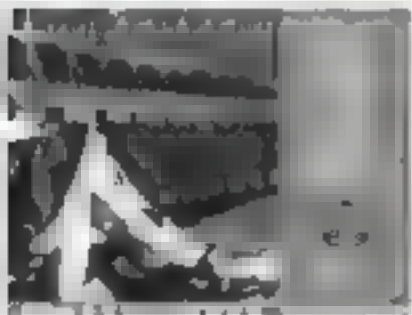


The film

Robbie Tan's new film, 'Mother', is a quiet, contemplative work that is a long time in the making.



Pina in World Coffee Queen



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Lack of variety on TV is a disservice to viewers



Comfort women in Pampanga seek medical help from gov't

By Susan Lopez
File photo

IT IS IN THE MINDS OF SOME PAMPANGA women that the scars of World War II are still fresh. They are the women who were forced to work as comfort women for the Japanese during the war. They are the women who were forced to work as comfort women for the Japanese during the war. They are the women who were forced to work as comfort women for the Japanese during the war.



NPA band serves let stay on road, on head, daughter
By Susan Lopez
File photo

The National People's Army (NPA) band is serving as a reminder of the war. The band is serving as a reminder of the war. The band is serving as a reminder of the war.

2 goes sued for graft over ghost medicines

Two men have been sued for graft over ghost medicines. The men are accused of selling fake medicines to the public. The men are accused of selling fake medicines to the public. The men are accused of selling fake medicines to the public.



Agay, Agay

The image is a large, colorful, abstract image with a central red flower-like shape. The image is a large, colorful, abstract image with a central red flower-like shape.

Police refuse market bust in fair market

The police refused to bust the market. The police refused to bust the market. The police refused to bust the market.

Vigilante killing gets sour note to Davao City fiesta
By Susan Lopez
File photo

The vigilante killing has received a sour note from the Davao City fiesta. The vigilante killing has received a sour note from the Davao City fiesta. The vigilante killing has received a sour note from the Davao City fiesta.

Head of village chiefs backs move to reset barangay polls

By Susan Lopez
File photo

The head of the village chiefs has backed the move to reset barangay polls. The head of the village chiefs has backed the move to reset barangay polls. The head of the village chiefs has backed the move to reset barangay polls.



Downloaded from <http://ajph.org/> by guest on June 11, 2016

Gov't urged to stop importing rice; P5.3B in losses incurred

More suicidal thoughts in Colombia, says study

Figure 1 displays a sequence of 16 grayscale images arranged in a 4x4 grid, illustrating the progression of a face from a blurry, low-resolution state to a sharp, high-resolution state. The images are arranged in a grid where the top row shows the most degraded images and the bottom row shows the most refined images. The progression is from left to right and top to bottom.

Coco farmers, traders
in Negros own hands
for high-quality copra

Hydrogen Chloride		Hydrogen Sulfide		Hydrogen Cyanide		Hydrogen Fluoride		Hydrogen Iodide		Hydrogen Bromide		Hydrogen Nitride		Hydrogen Oxide		Hydrogen Sulfide		Hydrogen Cyanide		Hydrogen Fluoride		Hydrogen Iodide		Hydrogen Bromide		Hydrogen Nitride		Hydrogen Oxide	
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 filing task?

કર્મ પુનરાવરણનું^૪ એ સમર્થન આ સર્વોચ્ચ નિઃસંશય સિદ્ધાંત

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: the control group and the experimental group. The control group received a standard diet, while the experimental group received a diet supplemented with 10% of the test substance. The subjects were divided into two groups: the control group and the experimental group. The control group received a standard diet, while the experimental group received a diet supplemented with 10% of the test substance.

Shampashok

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Figure 1 shows a 2D grid representing a spatial domain. The grid is composed of small squares. A central region is highlighted with a darker shade. A legend at the bottom indicates that the dark squares represent 'Road' and the light squares represent 'grass'.
















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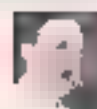
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* 2010-2011 * 2011-2012 * 2012-2013 * 2013-2014 * 2014-2015 * 2015-2016 * 2016-2017 * 2017-2018 * 2018-2019 * 2019-2020 * 2020-2021 * 2021-2022 * 2022-2023 * 2023-2024 * 2024-2025 * 2025-2026 * 2026-2027 * 2027-2028 * 2028-2029 * 2029-2030 * 2030-2031 * 2031-2032 * 2032-2033 * 2033-2034 * 2034-2035 * 2035-2036 * 2036-2037 * 2037-2038 * 2038-2039 * 2039-2040 * 2040-2041 * 2041-2042 * 2042-2043 * 2043-2044 * 2044-2045 * 2045-2046 * 2046-2047 * 2047-2048 * 2048-2049 * 2049-2050 * 2050-2051 * 2051-2052 * 2052-2053 * 2053-2054 * 2054-2055 * 2055-2056 * 2056-2057 * 2057-2058 * 2058-2059 * 2059-2060 * 2060-2061 * 2061-2062 * 2062-2063 * 2063-2064 * 2064-2065 * 2065-2066 * 2066-2067 * 2067-2068 * 2068-2069 * 2069-2070 * 2070-2071 * 2071-2072 * 2072-2073 * 2073-2074 * 2074-2075 * 2075-2076 * 2076-2077 * 2077-2078 * 2078-2079 * 2079-2080 * 2080-2081 * 2081-2082 * 2082-2083 * 2083-2084 * 2084-2085 * 2085-2086 * 2086-2087 * 2087-2088 * 2088-2089 * 2089-2090 * 2090-2091 * 2091-2092 * 2092-2093 * 2093-2094 * 2094-2095 * 2095-2096 * 2096-2097 * 2097-2098 * 2098-2099 * 2099-2100 * 2100-2101 * 2101-2102 * 2102-2103 * 2103-2104 * 2104-2105 * 2105-2106 * 2106-2107 * 2107-2108 * 2108-2109 * 2109-2110 * 2110-2111 * 2111-2112 * 2112-2113 * 2113-2114 * 2114-2115 * 2115-2116 * 2116-2117 * 2117-2118 * 2118-2119 * 2119-2120 * 2120-2121 * 2121-2122 * 2122-2123 * 2123-2124 * 2124-2125 * 2125-2126 * 2126-2127 * 2127-2128 * 2128-2129 * 2129-2130 * 2130-2131 * 2131-2132 * 2132-2133 * 2133-2134 * 2134-2135 * 2135-2136 * 2136-2137 * 2137-2138 * 2138-2139 * 2139-2140 * 2140-2141 * 2141-2142 * 2142-2143 * 2143-2144 * 2144-2145 * 2145-2146 * 2146-2147 * 2147-2148 * 2148-2149 * 2149-2150 * 2150-2151 * 2151-2152 * 2152-2153 * 2153-2154 * 2154-2155 * 2155-2156 * 2156-2157 * 2157-2158 * 2158-2159 * 2159-2160 * 2160-2161 * 2161-2162 * 2162-2163 * 2163-2164 * 2164-2165 * 2165-2166 * 2166-2167 * 2167-2168 * 2168-2169 * 2169-2170 * 2170-2171 * 2171-2172 * 2172-2173 * 2173-2174 * 2174-2175 * 2175-2176 * 2176-2177 * 2177-2178 * 2178-2179 * 2179-2180 * 2180-2181 * 2181-2182 * 2182-2183 * 2183-2184 * 2184-2185 * 2185-2186 * 2186-2187 * 2187-2188 * 2188-2189 * 2189-2190 * 2190-2191 * 2191-2192 * 2192-2193 * 2193-2194 * 2194-2195 * 2195-2196 * 2196-2197 * 2197-2198 * 2198-2199 * 2199-2200 * 2200-2201 * 2201-2202 * 2202-2203 * 2203-2204 * 2204-2205 * 2205-2206 * 2206-2207 * 2207-2208 * 2208-2209 * 2209-2210 * 2210-2211 * 2211-2212 * 2212-2213 * 2213-2214 * 2214-2215 * 2215-2216 * 2216-2217 * 2217-2218 * 2218-2219 * 2219-2220 * 2220-2221 * 2221-2222 * 2222-2223 * 2223-2224 * 2224-2225 * 2225-2226 * 2226-2227 * 2227-2228 * 2228-2229 * 2229-2230 * 2230-2231 * 2231-2232 * 2232-2233 * 2233-2234 * 2234-2235 * 2235-2236 * 2236-2237 * 2237-2238 * 2238-2239 * 2239-2240 * 2240-2241 * 2241-2242 * 2242-2243 * 2243-2244 * 2244-2245 * 2245-2246 * 2246-2247 * 2247-2248 * 2248-2249 * 2249-2250 * 2250-2251 * 2251-2252 * 2252-2253 * 2253-2254 * 2254-2255 * 2255-2256 * 2256-2257 * 2257-2258 * 2258-2259 * 2259-2260 * 2260-2261 * 2261-2262 * 2262-2263 * 2263-2264 * 2264-2265 * 2265-2266 * 2266-2267 * 2267-2268 * 2268-2269 * 2269-2270 * 2270-2271 * 2271-2272 * 2272-2273 * 2273-2274 * 2274-2275 * 2275-2276 * 2276-2277 * 2277-2278 * 2278-2279 * 2279-2280 * 2280-2281 * 2281-2282 * 2282-2283 * 2283-2284 * 2284-2285 * 2285-2286 * 2286-2287 * 2287-2288 * 2288-2289 * 2289-2290 * 2290-2291 * 2291-2292 * 2292-2293 * 2293-2294 * 2294-2295 * 2295-2296 * 2296-2297 * 2297-2298 * 2298-2299 * 2299-2300 * 2300-2301 * 2301-2302 * 2302-2303 * 2303-2304 * 2304-2305 * 2305-2306 * 2306-2307 * 2307-2308 * 2308-2309 * 2309-2310 * 2310-2311 * 2311-2312 * 2312-2313 * 2313-2314 * 2314-2315 * 2315-2316 * 2316-2317 * 2317-2318 * 2318-2319 * 2319-2320 * 2320-2321 * 2321-2322 * 2322-2323 * 2323-2324 * 2324-2325 * 2325-2326 * 2326-2327 * 2327-2328 * 2328-2329 * 2329-2330 * 2330-2331 * 2331-2332 * 2332-2333 * 2333-2334 * 2334-2335 * 2335-2336 * 2336-2337 * 2337-2338 * 2338-2339 * 2339-2340 * 2340-2341 * 2341-2342 * 2342-2343 * 2343-2344 * 2344-2345 * 2345-2346 * 2346-2347 * 2347-2348 * 2348-2349 * 2349-2350 * 2350-2351 * 2351-2352 * 2352-2353 * 2353-2354 * 2354-2355 * 2355-2356 * 2356-2357 * 2357-2358 * 2358-2359 * 2359-2360 * 2360-2361 * 2361-2362 * 2362-2363 * 2363-2364 * 2364-2365 * 2365-2366 * 2366-2367 * 2367-2368 * 2368-2369 * 2369-2370 * 2370-2371 * 2371-2372 * 2372-2373 * 2373-2374 * 2374-2375 * 2375-2376 * 2376-2377 * 2377-2378 * 2378-2379 * 2379-2380 * 2380-2381 * 2381-2382 * 2

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Tough grind ahead for taekwondo vets



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Jenny joins world team vs Koreans

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Cink completes wire-to-wire victory

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From Olympic boxing let's go to billiards

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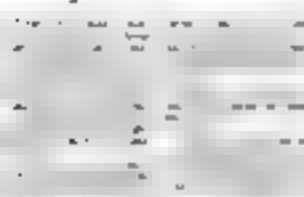
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Tiny Buenavista aims to make it big in marathon

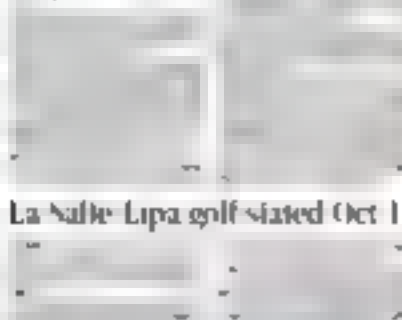


Dolphins, Altas down rivals, retain NC lead



Ozuna's subdues travel-weary Baguio five

CJ Paeng head early quarters **RP opens Putra Cup bid**

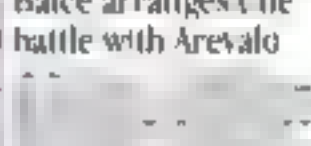
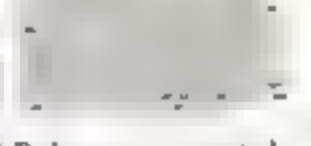
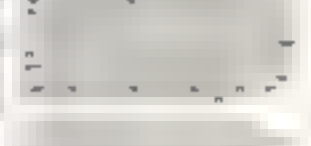
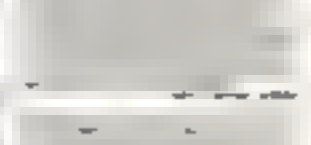
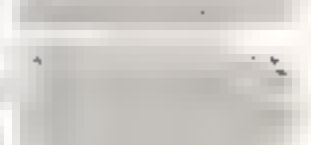
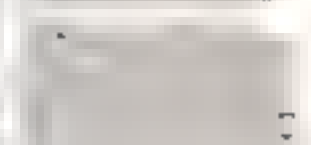
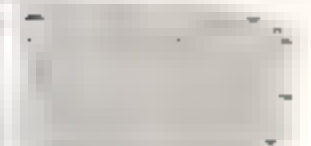
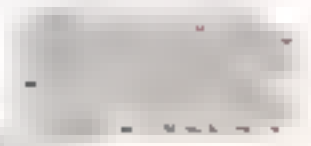


La Salle-Lipa golf slated Oct. 1

Mt. Malabayal hosts Mid-Amateur Friday



SAGIP MATCH



Balce arranges title battle with Arevalo

COA wants NTC data on telecom fees

By Dave K. and B. Borden

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Life expectancy

Weeks 1-2

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Public warned of resurgence of budget-cutting operations

Stuns close water

Station	Time	Temperature	Wind	Clouds	Remarks
1	0800	65	10	0	Clear
2	0900	68	12	0	Clear
3	1000	70	15	0	Clear
4	1100	72	18	0	Clear
5	1200	75	20	0	Clear
6	1300	78	22	0	Clear
7	1400	80	25	0	Clear
8	1500	82	28	0	Clear
9	1600	85	30	0	Clear
10	1700	88	32	0	Clear
11	1800	90	35	0	Clear
12	1900	92	38	0	Clear
13	2000	95	40	0	Clear
14	2100	98	42	0	Clear
15	2200	100	45	0	Clear
16	2300	102	48	0	Clear
17	0000	105	50	0	Clear
18	0100	108	52	0	Clear
19	0200	110	55	0	Clear
20	0300	112	58	0	Clear
21	0400	115	60	0	Clear
22	0500	118	62	0	Clear
23	0600	120	65	0	Clear
24	0700	122	68	0	Clear

Abstract

[illegible]

Age	Sex	Height (cm)	Weight (kg)	Body mass index (kg/m ²)	Waist circumference (cm)	Waist-hip ratio	Trunk circumference (cm)	Trunk-hip ratio	Trunk circumference (cm)	Trunk-hip ratio	Trunk circumference (cm)	Trunk-hip ratio
18	M	175	75	24.2	95	0.85	105	0.90	115	0.95	125	1.00
20	F	165	60	22.0	85	0.80	95	0.85	105	0.90	115	0.95
22	M	180	80	25.0	100	0.88	110	0.93	120	0.98	130	1.03
24	F	170	70	24.2	90	0.82	100	0.87	110	0.92	120	0.97
26	M	185	85	24.8	105	0.90	115	0.95	125	1.00	135	1.05
28	F	175	75	24.2	95	0.85	105	0.90	115	0.95	125	1.00
30	M	190	90	25.0	110	0.92	120	0.97	130	1.02	140	1.07
32	F	180	80	25.0	100	0.88	110	0.93	120	0.98	130	1.03
34	M	195	95	25.0	115	0.94	125	0.99	135	1.04	145	1.09
36	F	185	85	24.8	105	0.90	115	0.95	125	1.00	135	1.05
38	M	200	100	25.0	120	0.96	130	1.01	140	1.06	150	1.11
40	F	190	90	25.0	110	0.92	120	0.97	130	1.02	140	1.07
42	M	205	105	25.0	125	0.98	135	1.03	145	1.08	155	1.13
44	F	195	95	25.0	115	0.94	125	0.99	135	1.04	145	1.09
46	M	210	110	25.0	130	1.00	140	1.05	150	1.10	160	1.15
48	F	200	100	25.0	120	0.96	130	1.01	140	1.06	150	1.11
50	M	215	115	25.0	135	1.02	145	1.07	155	1.12	165	1.17
52	F	205	105	25.0	125	0.98	135	1.03	145	1.08	155	1.13
54	M	220	120	25.0	140	1.04	150	1.09	160	1.14	170	1.19
56	F	210	110	25.0	130	1.00	140	1.05	150	1.10	160	1.15
58	M	225	125	25.0	145	1.06	155	1.11	165	1.16	175	1.21
60	F	215	115	25.0	135	1.02	145	1.07	155	1.12	165	1.17
62	M	230	130	25.0	150	1.08	160	1.17	170	1.22	180	1.27
64	F	220	120	25.0	140	1.04	150	1.09	160	1.14	170	1.19
66	M	235	135	25.0	155	1.10	165	1.23	175	1.28	185	1.33
68	F	225	125	25.0	145	1.06	155	1.11	165	1.16	175	1.21
70	M	240	140	25.0	160	1.12	170	1.29	180	1.34	190	1.39
72	F	230	130	25.0	150	1.08	160	1.17	170	1.22	180	1.27
74	M	245	145	25.0	165	1.14	175	1.31	185	1.36	195	1.41
76	F	235	135	25.0	155	1.10	165	1.19	175	1.24	185	1.29
78	M	250	150	25.0	170	1.16	180	1.33	190	1.38	200	1.43
80	F	240	140	25.0	160	1.12	170	1.21	180	1.26	190	1.31

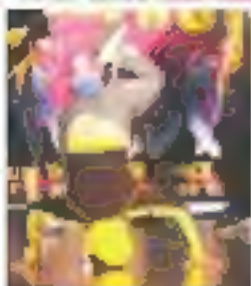
Q&A on SM's

/C3

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Gomez pursued the character and energy of the screen through identifying body language to win a trip to the American film capital

From left: Gomez in 'The Hot Chick' (top left), 'The Hot Chick' (top middle), 'The Hot Chick' (top right), 'The Hot Chick' (bottom left), 'The Hot Chick' (bottom middle), 'The Hot Chick' (bottom right)

Hip-hop, hooray for Hollywood



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From couch potato to fitness fanatic in six steps

ARE YOU THE ONE who sits on the couch, watches TV, eats junk food, and doesn't exercise? If so, you're a couch potato. But you can change that. Here are six steps to becoming a fitness fanatic.

1. Set realistic goals. Don't try to lose 50 pounds or run a marathon in the first month. Start with small, achievable goals, like walking 30 minutes a day or eating healthier.

2. Find a workout partner. Having someone to exercise with makes it more fun and keeps you motivated.

3. Choose a workout you enjoy. If you hate running, don't run. Try swimming, dancing, or yoga.

4. Schedule your workouts. Treat your exercise time like a date. Put it in your calendar and stick to it.

5. Reward yourself. After a week of sticking to your goals, treat yourself to something nice, like a massage or a new workout outfit.

6. Stay motivated. Remember why you started. Think about how you'll feel when you reach your goals.

Will App Good

Photo: [unclear]



As you start your fitness journey, it's important to have a good workout app on your phone. There are many apps available, but not all are created equal. Here are some factors to consider when choosing a workout app:

Personalized workouts: The best apps offer personalized workout plans based on your fitness level, goals, and preferences.

Tracking progress: A good app should track your progress, including calories burned, distance traveled, and time spent exercising.

Flexibility: Look for an app that offers a variety of workout options, so you can mix things up and avoid boredom.

Offline access: If you're going to be outdoors, make sure the app works offline so you don't lose your workout plan.

Reviews and ratings: Check out reviews and ratings from other users to get a sense of the app's quality and reliability.

Contemplation

It's time again, dear reader, to take a moment to reflect on the past year. As we look back on the challenges we've faced and the triumphs we've achieved, it's important to take a deep breath and appreciate where we've come from.

Remember, every step you take, no matter how small, is a step in the right direction. You've shown incredible resilience and strength throughout the year, and you're stronger than you think you are.

As you move forward, keep your eyes on the goal and don't let setbacks discourage you. You have the power to create a better future for yourself, and you're going to do it.

EXERCISE OF THE WEEK

Three-way back extension



This exercise is designed to strengthen the lower back, improve flexibility, and increase core stability. It's a great addition to any back workout.

How to perform: Lie on your back with your knees bent and feet flat on the floor. Lift your hips and shoulders off the floor, then lower them back down. Repeat for 10-15 reps.

Benefits: Improves posture, reduces back pain, and strengthens the muscles that support the spine.

Caution: Avoid this exercise if you have a recent back injury or are pregnant. Consult your doctor before starting any new exercise routine.